
A
Practical Essay
UPON THE
Tabes Dorsalis,
In the Way of
APHORISM and COMMENTARY.

(Price One Shilling.)

Practical Essay

IN THE

THEORY OF

THE

ARTS AND MANUFACTURES

BY

A

PRACTICAL ESSAY

UPON THE

Tabes Dorsalis,

In the Way of

APHORISM and COMMENTARY.

In which

The History of that Distemper is laid down,

The Rationale of its Symptoms given,

And the Method of Cure.

*Cavendum ne in secunda valetudine,
Adversæ Præsidie consumantur.*

CELSUS.

L O N D O N :

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T O

Dr. M E A D.

S I R,

THIS Product of my
Leisure Hours, is dedi-
cated to you on Account of
your consummate Skill in that
Profession whereunto I have the
Honour to belong. It was
written with a View of con-
tributing something to the Ser-
vice of my fellow Creatures ;
I flatter myself therefore, that
your Love of Mankind, and
your

vi DEDICATION.

your generous Encouragement
of useful Science, Qualities for
which you are conspicuous, will
render it not unacceptable.

With profound Respect,

I am, Sir,

Your obedient,

October 19,
1747.

humble Servant,

The AUTHOR.

P R E-

P R E F A C E.

AS Nothing but the Merit of a Book can procure it a favourable Reception, whatever the Author may say in Recommendation of it will be unnecessary or ineffectual. If there be any Thing valuable in the following Work, it is in the latter Part, for that brings Relief to the miserable Patient, by Means establish'd upon reiterated Experience, which indeed scarce ever fail, if early applied, and strictly adhered to. The officinal Medicines are selected according to the last Edition of the London Pharmacopœia (tho' this Essay

was

was written before) because either they are more simple, elegant, and equally efficacious, or they have receiv'd new Names which it was proper to describe them by.

A

Practical Essay, &c.

I. *Our Knowledge of Nervous Diseases, is scanty and superficial.*

SO remote is the Nature of them from human Understanding, that it is not yet determin'd, whether the Nerves are Tubes conveying an æthereal Fluid, or impervious and solid Bodies, whose Functions are accountable for by mechanical Vibration, or whether both these co-operate to the same End. Sydenham, who treated of other Diseases with much Judgment and Accuracy, ingenuously confess'd he did not understand those of the Nerves ;

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and indeed, the learned Labours, as well of Anatomists and Philosophers, as Physicians, of all Ages, serve only to shew, that this is one of those nicer Works of Nature which our finite Conceptions are too gross to dive into.

Can any one doubt of the Truth of this, when he reflects on the little Progress made in this Part of Physick, since *Neurology* began to be cultivated? *Willis*, *Du Verney*, *Vieussens*, &c. acquitted themselves as Anatomists very well: They trac'd the Nerves from their Source, follow'd the several Branches to their minute Terminations; they were very careful in their Descriptions and Delineations, and their Industry deserves Applause: It was obvious enough to them, that *Sensation* and *Motion* are perform'd by the Mediation and Influence of the nervous Bodies; but, neither *Willis*, *Du Verney*, nor *Vieussens*, reason'd upon the Manner in which these Effects are brought about to the Satisfaction of their Readers. Nor, have the laudable

able Attempts of *Borellus*, *Steno*, *Mayow*, and others, been attended with the desired Success. The *Hypotheses* that have been form'd upon this Subject, give us lively Ideas of their Authors refin'd Imaginations, but being rais'd upon too slender a Foundation, misled them and their Followers into erroneous Practice, and are therefore justly exploded.

2. *More Benefit will accrue to Mankind by diligently attending to the Symptoms of them, and the Effects of the Remedies applied, than by any precarious Reasoning, farther than those Symptoms and Effects will support. A Theory built upon Facts, being the only infallible one in the Science of Physick.*

Pitcairn * long ago demonstrated the Absurdity of enquiring into the *physical* Causes of Distempers; he has shewn that Physicians may know the State of the Part affected, and the Method of Cure, without the Know-

* Oper. Posthum.

ledge of those Causes ; and he has prov'd how fatal to the Improvement of Medicine such abstruse Speculations have been. If no better be the Event of such reasoning upon Diseases in general, no wonder those of the Nerves are perplexing and unintelligible. To succeed happily in the Cure of these then in particular, we must attend to the more plain and obvious Appearances of them, and search for the immediate Causes of them by the Assistance of those Appearances ; to deduce Causes from Effects, being the only Method of obtaining the true Cause of any Distemper. Any Enquiry farther than this, is unnecessary and unuseful.

3. *The Tabes Dorsalis is a particular Species of Consumption, the proximate Cause of which is a general Debility of the Nerves.*

What has been hitherto said, by Way of Introduction, will not be found altogether foreign to the present Purpose, when it shall appear in the following Pages, that the Subject of them
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has a Weakness of the *nervous System* for its immediate Cause; or rather, the Disease itself, of which I am about to treat, is a general Debility of the *Nerves*. Now, as nothing is more necessary to a right understanding it than a distinguishing Definition, we begin with that. Of the several Kinds of *Consumption* incident to human Bodies, the *Tabes Dorsalis* is the slowest in its Progress, but the most melancholy in its Circumstances, and, unless timely obviated, for the most part fatal. 'Tis characteriz'd by a remarkable Pain in the Back, as the Name implies, seated in the *Medulla spinalis*, Nerves immediately issuing from thence, and the *spermatic Arteries*; therefore felt most in the Region of the Loins. But in Process of Time, the Back and Neck are also affected, and a violent Pain is felt in the Head; the Patient is, however, at Intervals, free from Pain entirely, especially in the Infancy of the Distemper.

4. *It derives its Origin from that Convulsion of them, without which there is no Evacuation of the Semen. Not but the immoderate Loss of so pure a Fluid, as the Semen is, has also a considerable Share in producing the Effect.*

By considering the human Body as made up of flexible Pipes and yielding Fluids, the only View necessary for the Practice of Physick, we readily understand how *Convulsions* wear out the Constitution, viz. by destroying the Strength and Elasticity of the solid Parts. That they do so is invariably true, nothing is more common than to hear a Person under that Affliction, complain of extreme Soreness all over the Body : And that the Extasy which accompanies venereal Enjoyments, is of the Nature of a Convulsion, is not hard to be conceiv'd. Quincy, in his Explanation of *Sanctorius's Aphorisms*†, expressly says, that, “ at the Time of

† Sect. VI. Aphor. I.

“ Coition,

“ Coition, the Fibres are intensely
 “ drawn up;” that “ a too frequent
 “ Use of this Exercise cannot but be
 “ very prejudicial by overstraining and
 “ destroying the Force of the Fibres,”
 the natural Consequence of which must
 be a Weakness of their Springyness,
 and Action upon their Contents. Hence
 Perspiration || is lessen’d, the Fluids
 run into præternatural Cohæfions, and
 Obstructions are generated. And this
 morbid Condition is still augmented by
 an excessive Loss of the *Semen* itself,
 since the Blood is thereby robb’d of its
 most pure, balsamic, and invigorating
 Particles.

5. *This Disease is incident only
 to young Men of salacious Disposi-
 tions, and proceeds from too early
 Venery, an immoderate Use of it,
 or Pollution.*

It is no unreasonable Supposition,
 that this Disease must have had a Be-
 ing as early as any to which Youth is

|| Mala à nimio Coitu orta mediate a Perspiratione —
 Sancto. Sect. 6. Aphor. 3.

subject,

subject, yet being but little treated of by Physicians, no adequate Notion of it can be collected from their Writings; neither has it been properly distinguish'd. The *Fluor Albus* in Women, and a *Gleet* sometimes in the other Sex, are generally confounded with it, tho' these Diseases are essentially different. *Fluor Albus* is the Product of a *Cachexy*, in which the *Uterus* is subjected to this Discharge on Account of the Peculiarity of its Structure; a *Gleet* in Men is most Times the Consequence of the Venereal Disease, in both which Cases nothing *seminal* is evacuated. And tho' these Distempers, if the Discharge be copious and long continued, sometimes run the Patient into a Consumption, as the Encrease of any Secretion of the Body, if not speedily suppress'd, would do; yet a Consumption from such a Cause is not attended with all the Symptoms that accompany the Disease under Consideration, nor is it to be reliev'd entirely in the same Manner. The best Description of the

Tabes

Tabes Dorsalis is that of *Hippocrates*.*

Tabes Dorsalis ex *spinali Medulla* oritur, præcipue verò recentes sponfos & libidinosos corripit, febris sunt expertes, bene comedunt, & colliquantur.

Quod si ita affectum perconteris, asseret sibi videri, ex superioribus Partibus à Capite velut formicas in spinam demitti, cumque urinam aut Stercus reddit, Semen genitale copiosum & liquidum ei prodit, neque generatio fit, & inter dormiadum, cum uxore dormiat necne, veneris Ludibria patitur. Cumque alias, tum præcipue per locum arduum, iter fecerit, aut cucurrerit, anhelosus & imbecilis evadit. Caput gravatur, & aures sonant. Hic temporis progressu vehementibus febribus correptus, perit ex lipyria febre. But what this Father of Physicians lays down concerning a liquid Semen being discharged, together with the Urine and Excrements, is grounded on a Mistake, that Discharge being mucous, not seminal, as later Enquiry into the Anatomy and Functions of the Parts have enabled

* Burnet, Hippocrat. Contract. P. 114.

us to know: Nor is it in Consequence of this Discharge, that the Patient is incapable of Propagation, or answering the Purposes of Marriage, as shall be shewn in its proper Place. Hence have I taken Occasion to commit my Thoughts to writing; I have had several Opportunities of observing the Nature and Progress of the Distemper; I have known its Termination both in Death and Recovery; I have applied the probable Method and Remedies, and have carefully attended to the Effects of them; an Account of which shall be candidly communicated.

Provident Nature, for the Continuation of Mankind, having accompanied the Business of Generation, with a Sense the most exquisitely delightful; at the Time of Puberty the Passion of Love begins to exert itself in Consequence of a copious Secretion of *Semen*, which prompts to be discharged; thus she seems to have capacitated us about the Age of Fourteen for the Propagation of our Species. But if we attend to the Consequences of venereal Com-

Commerce at this Time of Life, we shall discover, that Nature has not intended the *seminal* Juice for that Purpose only, since repeated Acts in so early an Age restrain the Growth of the Individual, and unnerve the Man. That there is besides a Benefit accruing from it to the Constitution, may be collected from an Observation of those Appearances that arise therein at the Time of Puberty. Then it is that Hairs begin to shoot at the *Pubes*, the Beard grows, the Voice alters to a graver Tone, muscular Strength is augmented, and a more sprightly Comportment accompanies them ; and that the Cause of these Appearances is the *succus genitilis* absorb'd by some Vessels or other, and reconvey'd into the Habit, there is no room to doubt, how mysterious soever it may appear to the Understanding. For we know from Experience, if the secretory Organs of this Juice be destroy'd by Castration before the Time of Puberty, as is done very often in *Italy* to preserve the Voice, the Beard

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does

does not grow, nor the Voice differ from that of a Woman ; and if by any Accident a Man be deprived of his Testicles after this Age, the Destruction of these Circumstances of Virility also follow. In Confirmation of this,

† *Boerhaave* gives an Instance of Fact.

“ There was an intrepid Soldier, who,
 “ aspiring after the Reward, propos’d
 “ by the General to him who should
 “ first fix the Standard in the Enemy’s
 “ Fort, climb’d through the thick Bat-
 “ tery of the Enemy, but unfortu-
 “ nately the Fire of a Cannon tore off
 “ both his Testicles ; yet he recover’d,
 “ and became at length effeminate,
 “ not in Mind but in Body. The
 “ Strength of the several Muscles of
 “ the genital Parts still continued, and
 “ nothing was wanting towards his
 “ Virility but the Testicles, and yet
 “ his Voice soon alter’d, and Beard
 “ fell off, &c.” ---- From what has
 been hitherto said, it appears, how too
 easily Venery, or an immoderate Use
 of it, will bring on a *Tabes Dorsalis*,

† *Institutes*, Vol. 5. P. 92.

viz. by weak'ning the Nerves, and thereby enfeebling the Tone of the solid Parts chiefly, and partly by impoverishing the Fluids. The same Thing is also effected in early Life by that abominable Practice of School-Boys, a Practice which I cannot describe in Terms odious enough, *Pollutio sui*, which, actuated more by Sense than Reason, and ignorant of the mischievous Consequences, they repeat so often that the *Vesiculæ seminales* let go their Contents upon so slight an Occasion as dallying or conversing with a Woman, and even sometimes upon a lascivious Thought. Here lies, I say, very often, the original and almost unconquerable Cause of deplorable Effects, and from this Source, highly criminal in a religious View, springs the debilitated Condition of the tabid Patient.

To elucidate the Subject, and render the following Pages as useful as I can, it will be necessary to pursue this Method. *First*, to give a critical Enumeration of the several Symptoms that

that attend this Disease, examining in what Manner the Cause assign'd produces them as I go along. Then, *Secondly*, to lay down the Method and Medicines conducive to the Cure ; avoiding herein all *Hypotheses* whatever, and making Reason subservient to those natural Occurrences that present themselves to our Observation, which should be the Guide of every one in medical Enquiries.

6. *The Symptoms of the Tabes Dorsalis are involuntary, nocturnal seminal Emissions ; a Pain in the Back, and often in the Head ; For- mication at the Spine ; an aching Pain, rolling, and hanging down of the Testicles ; a Weakness of Memory and Sight ; and a mucous Dis- charge from the Urethra, especially after straining at the Discharge of the Excrements.*

Involuntary, nocturnal, seminal Emissions, are generally the Effect of venereal Dreams, but sometimes they happen without. They happen in-
deed

deed to Persons in Health now and then, when the *vesiculæ seminales* are turgid, and Coition is not us'd, without Detriment, but in the morbid Case scarce a Night passes, and sometimes the Patient scarce ever sleeps, free of this Evacuation that exhausts his Strength. To account for this, we must enter into a Consideration of those Causes that concur to the Erection of the *Penis*. And, here we are taught that “the || Muscles concerned in this Action, are not to be reckon'd among the Class of vital or spontaneous Muscles, since of themselves they do not act in the most healthy Man; but they are rather a Class *sui generis*, being under the Influence of the Imagination. The Will has no Influence either to suppress, excite, or diminish their Action.” &c. The Imagination therefore being frequently affected with lecherous Ideas whilst we are awake, suffers the same Impression in the Time of Sleep, or, in other Words,

|| Boerhaave's Institutes, Vol. 5. p. 89.

we

we dream of those Things which most sensibly employ our Thoughts in the Day Time ; if to this we add, the Tendency and greater Affluence of Humours to the preparing Parts in Consequence of a frequent spontaneous Evacuation of *Semen*, it follows, that there will be an involuntary Discharge of it in the Time of Sleep.‡

A Pain in the Back, and often in the Head. It has been observed in Comment to Sect. 3. that this Pain is felt most, and most often in the Loins, the Reason of which is, because that is the Region of the *spermatic* Arteries, for these must inevitably suffer a Distension by an increas'd Affluence of Blood.

‡ Triplici autem modo ad Venerem extimula mire, vel Organorum generationis, derivatis in eadem liquidis, irritatione, vel præ nimie Seminis Sanguinisne Copia, vel ob diuturnas venereas Cogitationes. Prior uterque Modus conceptu facilis est, sed vix concipi potest, cur Spiritus à sola cogitatione in has partes determinentur ? imo veneris Sensatio non male recensetur à quibusdam tanquam sexta sensus species, quod à reliquis omnino differat. Verum ut ut sit, detento venerea Cogitatione Animo, maxima velocitate atque quantitate in generationis organa, imo & in alias partes derivantur Spiritus, unde vasorum contractio major & frequentior, Salivæ, Urinæ, &c. excretio.

Sanctor. Aphorism. Explanat.

Phyfico-med. Auctore *P. Noguez*, Medico Parisiensi.
Tom. 2. p. 124.

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The Nerves also that are distributed to the Muscles concern'd in the Act of Coition, arise from the *Medulla Spinalis* in that Part: And it is no Wonder if in Process of Time the Back and Neck, as well as the Head, are affected in the same Manner, since the whole Length of the *Medulla Spinalis* is an Elongation of the Brain, and both together the Source of all the Nerves in the Body.

Formication at the Spine. This is an Affection of the *Medulla Spinalis* easier to be conceiv'd than explain'd. *Aching Pain, rolling, and Dependancy of the Testicles.* The Testicles being the secretory Organs of the *genital* Juice, are furnish'd with Arteries, Veins, Lymphatics, and Nerves, like other Glands, and suspended by the *Cremaster* Muscle. When therefore from any Cause their Texture is weaken'd, as it will be in the present Case by too copious a Secretion of their Fluid, a Pain will be felt (in the same Manner as is in the *Kidneys* in a *Diabetes*;) and this Pain (accompanied

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with

with a Sense of rolling, merely nervous) is encreas'd by their hanging down, which is derived from that general Relaxation of Fibres that attends the whole Body in the *Tabes Dorsalis*, and therefore the *Cremaster* Muscle in particular.

A Weakness of Memory and Sight. That a Weakness of Memory should be a Symptom, is not strange, since Memory and all the Faculties of the Understanding depend on a firm Contexture of the solid Parts. And whoever considers the nervous Fabric of the Eye, will readily conceive how the Sight will be particularly injur'd in a general Debility of the Nerves.

And a mucous Discharge from the Urethra, especially after straining at the Discharge of the Excrements. This is that Discharge, called by *Hippocrates* a *liquid Semen* (*vide* Comment. to Sect. 5.) but is no more than the Mucus of the *prostrate* Gland. This Mucus is always evacuated with the *Semen*, whose Passage it facilitates by lubricating the *Urethra*; it sometimes
also

also appears in Time of Health, and long Abstinence from Venery, tho' not of long Duration, nor does it then require any Remedy : But as a Symptom of the *Tabes Dorsalis*, it always follows the Urine and Excrements, the Weakness of its containing Vessels not being able to resist that circumambient Pressure, which is ever exerted in the Discharge of them.

7. And this Disease is farther attended with great Dejection of Mind.

So intimately is the Mind and Body blended together, that there cannot be any Disease of the one which will not influence the other, but in none is the Mind more deeply affected than in this. To add to his Infelicity, a melancholy Gloom perpetually attends the Patient, and Silence and Solitude are anxiously sought after. The cheerful Haunts of Men no longer delight him ; he is absent in Company, and will have no Part of the Conversation. He is not happy even in his Friend :

A Sense of his Misfortune, and perhaps the aggravating Circumstance of having brought it upon himself for ever hang on his Mind. The Company of the female Sex he loves indeed, but the Apprehension that he may be cut off from *nuptial* Felicity, interrupts the Fruition of their pleasing Converse. Thus deeply dejected, he excludes himself from Society, wanders in Retirement, and 'tis well if he seeks not to destroy himself at last.

When the Disease arrives at this Period, a proper Method of Relief, severely persisted in, may stop its Career, but not unless it be severely persisted in ; for as these Appearances are a long Time (Years) in Embrio, their Duration is long, obstinately standing out against the necessary Remedies. But now or never is the Time to subdue them.

8. *The other Stage of the Tabes Dorsalis is attended with more formidable Symptoms, viz. a Gutta Serena brings on incurable Blindness ; the Eyes grow hollow ; the*
Visage

Visage meagre and thin ; the Body emaciated and weak ; a Palpitation of the Heart, and Shortness of Breath succeed ; a Fever supervenes ; and a Syndrome of hectic Complaints precedes the fatal Catastrophe.

All the Symptoms here describ'd but one, are common to the last Stage of every Consumption, from what Cause soever it arises ; and they are generally incurable ; but the *Gutta Serena*, peculiar to the *Tabes Dorsalis*, incurable also for the most Part, deserves to be particularly consider'd. This Disease is an Affection of the Eyes, which does not manifest itself by any other visible Symptom than a Dilatation, and Want of Motion, in the *Iris*. The Eye otherwise appears fair and natural, but the *Optic Nerve* being render'd insensible of the Rays of Light, or incapable of transmitting the Impression of them to the common *Sensorium*, the *Iris*, whose Office it is to lessen or enlarge the Pupil according to the Quantity

tity of Light, suffers by Consent, and loses its Motion, and the Patient is quite blind. The antecedent Causes of this Disease are properly enough divided into *Repletion* and *Inanition*, the latter of which only concerns the present Subject. But among all the Causes reducible to Inanition, nothing more remarkably occasions it than an excessive Effusion of the *Succus genitalis*. Frequent mention is made in Authors of a Sympathy between the Eyes and *Genitals*, but this can be no other than what results from the *Action* of the *genital* Organs, in which the Eyes suffer on Account of their nervous Retinue, for between these Parts there is no immediate Communication of Nerves. Thus *Sanctorius* * says, *Coitus immoderatus post stomachum lædit magis oculos*. And *Frederic Hoffman* † has given a History of this Kind, well worth the Reader's Perusal. This Author accounts for it by an Analogy between the

* Sect. 6. Aphorism. 18.

† Consult. Med. Cent. 2. Sect. 3. Cas. 104.

seminal Juice, and that of the Nerves, the latter being robb'd by the Expence of the former ; and *Sanctorius* in his following Aphorism speaks to the same Purpose : But this Fluid of the Nerves having not yet been prov'd, or, if it could be, there does not seem to be any Similitude between it and the *Semen* ; and it being much more easy to conceive how the Nerves may be injur'd in their Texture by repeated Shocks (such as the venereal Orgasm is) this latter Manner of explaining it, deserves the Preference ; and the Loss of the Sperm may be consider'd no otherwise to affect the Constitution, than as it impoverishes the Blood (being the most pure Parts of it) which the Encrease of any Secretion of the Body, if not timely suppress'd, would likewise do, tho' perhaps not so slowly and certainly.

Pertinent to this Doctrine may be adduc'd what has been observ'd upon Dissection. *Bonetus* || records, that

|| Sepulchret. Anatomic. Lib. 1. Sect. 18. Obser. 3, and 4.

the *optic* Nerves were wasted, flaccid, and too small. And Mr. *Chefelden* ‡ has given an Account of the like Observation.

But in what Manner soever the Cause assign'd produces the Symptoms of the *Tabes Dorsalis* thus enumerated, whether by weak'ning the Fabric of the Nerves, expending their Spirits, or otherwise, it does not diversify the Indications of Cure; the Disease we find is a Laxity of the Nerves, and as the Strength of the Solids depends on the Strength of these, any Thing that invigorates the Nerves, will add Strength to and restore the Solids, and relieve the Patient. But with Regard to the particular Symptom last mention'd, no particular Remedy can be applied; so that if it does not yield in its Infancy, when Cobwebs, Flies, &c. skim before the Sight, under the Means us'd for the Disease in general, the Patient will by Degrees become quite blind, for which there is no Relief. ---- We come now to the other Part of our De-

‡ Philosoph. Transact. N^o. 337. P. 281.

sign, viz. to lay down the Method and Medicines conducive to the Cure.

9. *The Cure of this Disease depends as much on knowing what to avoid, as what to do; without a nice Regularity of the Non-naturals therefore, Medicine will have little or no Effect. Thus the Salubrity of the Air, is of great Importance; the Diet should be analeptic and cooling; Sleep little, and in due Season; moderate Exercise must be us'd, especially riding on Horseback; the Secretions of the Body are to be regulated if out of order; and the Patient should be entertain'd with chearful Company, and mirthful Diversions.*

No Disease requires a greater Regard to the Non-naturals, than the *Tabes Dorsalis*; its Attacks we have shewn are early, its Progress slow, but sure, and it seems almost to be interwoven in the Constitution before the Patient discovers his Danger; for the Appetite is generally good, (*bene comedunt,*

medunt, says *Hippocrates*, vide Comment to Sect. 5.) As the Air is that Element in which we live, move, and have our Being, the good or bad Qualities of it ever stand foremost in a medical View. A clear and temperate Air is universally known to be the best for continuing Health, but a cold rather than hot Air seems to contribute most to the recovering a thin hectic Constitution, and the Patient should habituate himself to be often in it.

As to Diet, every Thing salted, spic'd, or otherwise season'd, and all spirituous and fermented Liquors of whatever Kind, ought to be religiously avoided. They accelerate the Motion of the Blood, and inflame the Body. Water only (*Bristol Water*) or mixt with a little old *Rhenish* Wine in the Summer Time, in the Winter red *Port* should be made the common Drink; and plain roasting or boiling is the best Cookery for the animal Diet of the Patient. But among all the Materials of Food, there is not any Thing
more

more beneficial than *Milk*.* I have known a Pint, and, with some, two Pints of Milk, drank in two Draughts at half an Hour's Distance, warm from the Cow in the Morning, and repeated in the Afternoon, become wonderfully restorative. All the warmer Months it ought to be so us'd, and to be made as much as possible an Ingredient in the other daily Sustenance. Thus *Chocolate* made with Milk, in such Quantity as to pass easy off the Stomach, is an excellent Breakfast for a tabid Constitution. I knew a Child three Years old, in the last Stage of a Consumption, when given over by her Physician, recovered by the Mother's giving her *Chocolate* only, in small Quantities often repeated. Indeed it is an Aliment that for weak Constitutions cannot be too much recommended; and it may at any Time be made to sit easy on the Stomach, by diluting it with Water. Besides *Cho-*

* Purgato sursum & deorsum corpore, lac bubulum per quadraginta dies bibendum exhibeto. *Burneti Hippocrat.* P. 115.

colate, Viper Broth, Broths prepared with Milk, *Rice-Milk*, and a Variety of other Combinations, known to every Family, may be contriv'd to humour the Palate of the Patient.

I have not known a single Instance where *animal* Diet for Dinner has done any Harm, yet it will be prudent to recommend such as is of easy Digestion. Lamb, Veal, young Mutton, Venison, Fowls, &c. well roasted or boil'd, unattended with poignant Sauces, and swallow'd with equal Quantities of Bread and Roots together (more or less occasionally) cannot fail of producing a laudable Chyle and good Nutriment if well digested, (the Criterion whereby the Quantity and Quality of the Meal are to be determin'd ;) and will do more Service in recruiting languid Nature than Medicine can.

But with Regard to Supper, the Patient is to be particularly caution'd. Nothing but Milk warm'd before the Fire, and a Slice of thin toasted Bread can be allow'd without Detriment; and this ought to be taken two Hours before

fore Bed-time, for Sleep is a Time of Application, not for the Preparation of the Aliment. That Nutrition may be carried on naturally, it is necessary Sleep should be sound and uninterrupted, but nothing even in a State of Health is a greater Impediment to Repose, than a late or an animal Supper, as the Voluptuous can tell. If this be the Case in general to a Person labouring under a *Tabes Dorsalis*, the avoiding such becomes indispensibly necessary. We have observ'd (in Comment to Sect. 6.) that *seminal* Emissions in the Night draw after them all the other Symptoms, whether these are owing to venereal Dreams or not, they certainly will not happen so often, if the Mind, and its Powers, are unmolested, *i. e.* unconcern'd in any animal Action, for the Disturbance of the Imagination is thereby in a great Measure cut off. This is a Truth incontestable, for I have always observ'd the Patient to sleep more soundly, and to escape this Evacuation more constantly, when he makes no Supper at all.

Sleep

Sleep little and in due Season. If the Dictates of Nature be follow'd (and a Physician is Nature's Minister) we should go early to Bed, and rise early. In the Night Season the Inclemency of the Atmosphere is greatest, and our Bodies after the Vigilance and Labour of the Day then least able to resist the Impression. Perspiration, the most important of all the bodily Discharges, goes on best in Bed: † But it is absolutely necessary to forbid a Patient, affected with the Disease I am prescribing to, an Indulgence in Bed in the Morning. The more moderate the Quantity of his Sleep is, the sweeter and more invigorating will it be. Thus, if he lies down at Ten o'Clock (which Hour he should never exceed) he ought to rise in the Summer Time at Four or Five, in the Winter at Six or Seven; otherwise he may observe as a general Rule, to rise immediately upon waking; for a second Repose in the Morning,

† ——— diurna enim parciore longè nocturnâ Perspiratio. Sanctior. Aphorism. Explanat. Auctore P. Noguez, Tom. 1. p. 35.

however

however inclin'd he may be to it, is almost always attended with Dreams. And tho' this Practice may be irksome at first, Custom will make it familiar and agreeable.

Moderate Exercise must be us'd, especially riding on Horseback. That the Air may be enjoyed to the best Advantage, and that the Diet of the Patient may be thoroughly digested, which will pave the Way to a natural Sleep, he ought to use as much Exercise as his Strength will permit. Gentle walking in the Morning in the Fields, if the Season and Weather be favourable, otherwise at Home, or playing at *Shuttle-Cock*, may serve for part; but the best Sort of Exercise is that of riding on Horseback. It is Exercise without Labour. And since the Mind in the *Tabes Dorsalis*, is to be relieved as well as the Body, the taking a long Journey, by such daily Portions as to avoid extraordinary Weariness, whereby new Objects will continually present, is surprizingly efficacious, and if the Circumstances of the Patient will permit,

mit, ought ever to be recommended by his Physician.

The Secretions of the Body are to be regulated if out of Order. Thus, smoking Tobacco is to be forbidden. The *Saliva* was not design'd by Nature to be thus lavishly expended, and tho' some Constitutions may bear this Evacuation, it cannot be allow'd in the present Case, since the Solids in general being weak, the Glands have patent Orifices, and the Fluids are thereby render'd liable to run off too fast. As to the Rest of the Secretions, the other Non-naturals being rightly observ'd, there is seldom any Disorder in them.

And the Patient should be entertained with chearful Company, &c. The last Point we have to speak to on this Head, is the Passions. Physicians well know how important the Regulation of them is; for between the Mind and Body there is such a Connection, that the vital and animal Actions never fail to affect one another. In the *Tabes Dorsalis*

Dorsalis the Patient discovers excessive Grief and Melancholy. Now, it is not enough that they are mitigated by remedying the Vice of those corporeal Organs upon which they depend, every possible Means of Relief is to be sought after ; and some Assistance may be had from exciting the opposite Passions. Thus mirthful Company, and engaging Diversions, &c. are known to take off the Mind from gloomy Thoughts and intense Melancholy. Here the eloquent vivacious Harangues of the Physician will do great Service. But it must be observed here, that as the Company of the Female Sex is apt to excite libidinous Ideas, it ought by all Means to be avoided. Study also is highly prejudicial ; the Patient should never be left to himself, never suffer'd to read, nor have Time to reflect on his severe Fortune, for all these oppress his Nerves, sink his Spirits, and obstruct the Cure.

10. *All the Medicines that are necessary, are deriv'd from the two Classes of Balsamics and Astringents.*

By *Balsamic Medicines*, I mean in this Place such as comfort the Nerves, corroborate the Constitution, and thereby animate the Man. Among these are, *Flor. Tiliæ, Lavendul. Rosmarin. Pæoniæ, Herb. Thym. Meliss. Menth. vulgar. Majoran. Calaminth. Cort. Cinnamom. Canell. alb. Aurantior. Siccati, Fruct. Nuc. Moschat. of the Animal Class Musk.* The simple Waters of *Cinnamon, Orange Peel, and common Mint*; the *Aq. Alexater. simp.* the Spirit of *Rosemary*, the compound Spirit of *Lavender, Spt. volat. aromatic. Fulep. è Moscho*, the Tincture of *Cinnamom*, and the essential Oils of *Majoram, Spearmint, Rosemary, Lavender, and Cinnamon, Syr. è Cort. Aurantior. Caryophyllor. rubror.* out of which commodious Forms may be contriv'd.

triv'd. Of the Class of *Astringents* may be reckon'd *Rad. Bistort. Tormentill. &c.* and what is preferable to every Thing else, the *Peruvian Bark*. Of officinal Compositions *Conserv. Prunellor. Sylvestr. Elixir. Vitriol. acid.* the *Extract* and simple *Tincture* of the *Cort. Peruv. Tinct. Saturnina*, *Syrup* of *Quinces* and *Lemons*, &c. Forms of which and the proper Time of administering them, can be prescribed by the attending Physician. The subacid Fruits also, as *Grapes, Strawberries, Currants, Rhasberries, Cherries, Oranges, &c.* are grateful, cooling, and salutary.

Astringent Remedies are also applied externally. Thus the *Emplastr. Roboran.* is to be laid on the Loins, over which may be worn a broad Belt, with signal Advantages. The *Testicles* are to be suspended in a bag *Truss*, and the *Perinæum, Testicles*, and *Pubes* to be embrocated at going to Bed, with *Vinegar*; or Cloths squeez'd out of *Verjuice*, or

F 2 Vinegar,

Vinegar, may be laid on them, and retain'd all Night. But among all Medicines, whether external or internal, there is nothing that can equal the Virtue of the Cold Bath. This is very deservedly brought into Use of late Years, for where there is no Contradiction, such as Obstruction, Inflammation, or Ulcer in the internal Parts, it cools the Body more, strengthens the Nerves better, and promotes Perspiration more effectually, than any Medicine taken down the Throat can do ; and will do as much Service in the *Tabes Dorsalis* prudently us'd, as every Thing else put together. In this Case, less Preparation is necessary than in most other Distempers. The Patient must plunge himself suddenly into the Water, and get out as fast as he can, which may be repeated Mornings, twice or three Times a Week *pro re natâ*.

It remains now, that I mention a few Things relative to the particular Management of a Patient, which may furnish

furnish some Directions not to be found in the foregoing Essay. After having earnestly represented the Necessity of complying with the Rules recommended in Sect. 9. the first Subject of the Physician's Prescription is an *Emetic*. It is necessary to clean the Stomach and Bowels preparatory to the succeeding Medicines, and to this End, a Dose of *Rhubarb* must be added to the *Vomit*. I have known *Ipecacuanha Emetics*, repeated once a Fortnight for several Months together, with Design to make Revulsion from the inferior Parts, but not, as I could perceive, with any extraordinary Benefit. One *Emetic* generally will suffice, the rest depends entirely on *bracing* Medicines, with *nervous* ones interspers'd, and nourishing Diet. The *Whites* of new-laid Eggs mixt, and afterwards the *Yolks*, swallow'd whilst yet warm, are by me always enjoin'd. Instead of Foreign Tea's, almost always hurtful to the Nerves, a Tea made of *Baum* and *Mint* should be us'd, in
every

every Dish of which a Tea-spoonful of the balsamic Mixture, *ex cremor. Lact. Vitell. Ov.* and two or three Drops of Oil of *Cinnamon*, gives a very agreeable Flavour, and is highly grateful to the Stomach. Next comes in the *Cort. Peruvian.* to be chew'd every Day ; a Tea also may be made of this, finely powder'd, with dried *Orange Peel*, and a little *Cinnamon*. The *chalybeate* mineral Waters, or a Julep *ex Aq. Alexiter. simp. Aq. Cinnamon. simp. Menth. &c.* with some Drops of *Spir. Lavend. C.* and *Tinct. Saturnin. à p. e.* or *Elix. Vitriol. acid. vel Tinct. Cort. Peruvian.* may be taken at any Time on an empty Stomach ; and if at any Time Costiveness be the Consequence of this, the chewing a little *Rhubarb* will remove it.

One extraordinary Circumstance attends this Disease, *viz.* a Return after having been alleviated, and even when the Patient has seem'd quite well. I have known the nocturnal Emissions

Emissions return, and continue two or three Nights successively, and this has happened several Times since the Cure, when it was least apprehended ; but the worst of the Disease recurs after an Intermission of several Years, as recorded by *Lommius* ||. I have never known it, but it is not improbable.

|| Observation. Medicinal.

F I N I S.

the same thing, and continue to
 be the same thing, and this
 has happened several times since
 the time when it was first
 noted; but the work of the
 spirits after an interval of several
 years is recorded by Xanthus. I
 have never known it, but it is not
 improbable.

|| On the 11th of May

Q I V I

